

# STUDENT LIFE @

Roger Williams  
University  
Learning to Bridge the World

A NEWSLETTER FOR PARENTS AND STUDENTS

VOLUME 6 | SUMMER 2009



Dear Parents,

With summer upon us, allow me to take a few moments to reflect on some of the many positive outcomes of our spring semester at Roger Williams. Our Theatre Department's productions of *Little Shop of Horrors* and the classic Shakespeare play *A Midsummer's Night Dream* received great reviews. Our Dance Department sponsored Dance Theatre and Concert in May and the Dance Club hosted a spirited and well attended show in April showcasing individual and group dance choreography.

In athletics, men's tennis went undefeated in the conference and took home their first TCCC Championship, earning a berth to the NCAA tourney and advancing to the second round with the team's first-ever win in the postseason. Women's lacrosse advanced to the conference championship while men's lacrosse progressed to the semifinals – both teams enjoyed highly successful seasons. Baseball also advanced to the conference semifinals while softball achieved a 28-victory season, backed by a very talented group of first-year players. Ten riders qualified and competed in the Region 1 Championships for our equestrian team. In addition, our newly formed men's and women's track programs had great inaugural seasons, with the men capturing the conference championship. Finally, our nationally-ranked sailing team qualified for the Coed Dinghy National Championships in San Francisco and returned last week after finishing 6th overall.

Spring break witnessed 22 students travel with our Alternative Spring Break group to Mississippi where they built and repaired homes. Our STAND group organized a "die-in" on the quad to bring attention to the genocide in Darfur. In our local communities, almost 200 students participated in internships and hundreds more provided community service hours to local non-profits, schools and public agencies.

At the end of the semester many students received recognition for their academic and co-curricular success at the Academic Achievement Dinner, Athletics gathering, Student Programs & Leadership Awards and Team Care. Sadly – we had to say goodbye to many seniors who have made lasting contributions to campus life. Fortunately, we are blessed with an equally motivated group of returning students destined to leave their own mark of success on our community. In fact, almost 100 students are involved in collaborative research with faculty in their disciplines this summer, and over 50 Orientation Advisors are preparing to guide incoming students through their summer transition and welcome them to campus.

I hope you enjoy our last edition of this newsletter for the academic year as well as your time at home with your student this summer. We eagerly await their return in August!

Sincerely,

John J. King, Ed.D

Vice President – Student Affairs

## CONTENTS

President's Core Values.....	2
RWU Athletics Honors Student-Athletes .....	3
Living Learning Communities Spread Their Wings.....	4
Green Dream.....	4
Community Coalitions.....	5
Clubs and Organizations.....	6
Intercultural Center.....	7
Career Center.....	8
New Lacrosse & Soccer Coach.....	9
Personal Wellness.....	9
Bursar's Office Goes Green....	9



## PRESIDENT'S CORE VALUES MEDALLION

The President's Core Values Medallion was established in 2007 to recognize those graduating seniors who best exemplify the core values of Roger Williams University. The students awarded this honor have truly embraced the University's core values: *love of learning as an intrinsic value; preparation for careers and future study; collaboration of students and faculty in research; commitment to community service; appreciation of global perspectives; and promotion of civil discourse.*

President Nirschel, working in concert with each of the schools, selected the Medallion honorees. At the 2009 Commencement ceremony, honorees were each presented with a unique medallion – depicting the core values – framed in a commemorative keepsake. The medallion is identical to the one worn by President Nirschel as part of his presidential commencement regalia.

*Please congratulate the following award recipients.*

**Erin Leslie Blackbird** – School of Architecture, Art and Historic Preservation

**Susan Ann Muszynski** – School of Continuing Studies

**Jana Heath Clark** – School of Education

**Matthew Noel Muhlenkamp** – School of Engineering, Computing and Construction Management

**Heather Lynn Klink** – Feinstein College of Arts and Sciences, Humanities & Performing Arts Division

**Eileen Katherine Evans** – Feinstein College of Arts and Sciences, Marine and Natural Sciences Division

**Barry C. Lucier** – Feinstein College of Arts and Sciences, Social Sciences Division

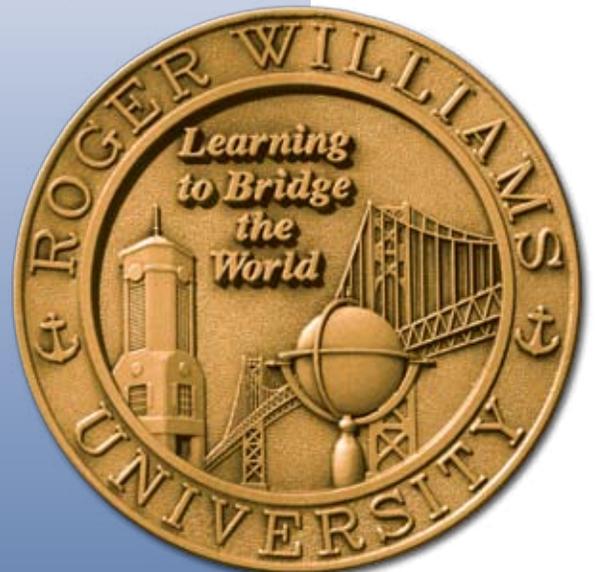
**Rachel Leigh Morris** – Gabelli School of Business

**Brian Manuel Tavares** – School of Justice Studies

**Ryan Patrick McGinn** – At Large

**Alicia Leila Merschen-Perez** – At Large

**Amy Marie Torregrossa** – At Large



## RWU ATHLETICS HONORS STUDENT-ATHLETES



*Congratulations to all of our student-athletes for their successes in the 2008-2009 seasons. More than 500 Hawks fans attended our annual awards banquet this year.*

*The 2008-2009 award winners are:*

Male Athlete of the Year:  
Cy Thompson (Sailing)

Female Athlete of the Year:  
Jen Garside (Soccer)

James Russo Award:  
Arwen Mitton (Sailing)

Ray Cordeiro Award:  
Geoff Poirier (Wrestling)

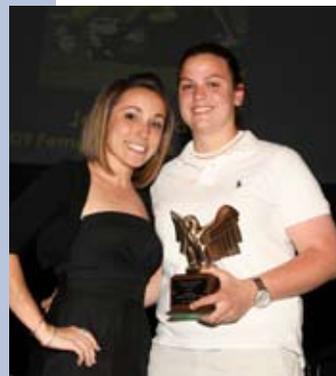
Scott Viera/Athletic Director Award:  
Danica Kucinski (Equestrian)

Sharon Castelli Award (Male):  
Brad Bolte (Tennis)

Sharon Castelli Award (Female):  
Amanda daCunha (Soccer)

Female Rookie of the Year:  
Laurin Pendleton (Soccer)

Male Rookie of the Year:  
Ryan Kim (Tennis)



## LIVING LEARNING COMMUNITIES SPREAD THEIR WINGS

The Department of Residence Life and Housing is proud to announce 16 new Living Learning Communities (LLC) on campus this fall. An exciting new development in RWU's existing LLC Program: this year students had the opportunity to propose their own unique community based on their own special interests. Among those selected for fall 2009 are:

- Add Nothing
- Career Exploration – Career Center affiliate
- Creative Expressions – passion for the arts (writing, music, art, theater and dance)
- Eco Geeks – alternative entertainment & environmental issues
- Education Across Cultures
- Education LLC
- Expanding Community Experience – sophomore year opportunity program
- Freaks of Nature – animal and environmental issues
- Freshman Architectural Mentoring
- Hawk Pride
- Helping Hands – national residence hall honorary (IRHA)
- Leaping Into the Community – dance
- NCAA – notify the community about alcohol awareness
- Outdoor Adventures
- Student Government & Politics – political issues
- We Fit – personal wellness

Each group identified a faculty or staff advisor to guide them through their co-curricular living learning experience. In addition to exploring a shared interest in their proposed topic, each new LLC will also participate in a service project related to their selected theme. Fifteen of the new communities will reside in the new residence hall on north campus, and one group selected Stonewall Terrace as its home for the 2009-2010 academic year.

## GREEN DREAMS FOR RWU, BON APPÉTIT DINING SERVICES



The greenhouse at Mello's Farm in Portsmouth, R.I., is up and running and producing some beautiful greens for RWU. One of many sustainability efforts brought to fruition by the partnership between RWU and Bon Appétit dining, the greenhouse project enhances Bon Appétit's Farm-to-Fork program. Through the Farm-to-Fork program, Bon Appétit purchases locally grown foods to support healthy eating in the community.

Lettuce bunches were one of the first harvested purchases from Mello's Farm, which went into creating hearty, wholesome salads for our University community. Pots of herbs also were brought back from the greenhouse. On Low Carbon Day, which the University celebrated on Earth Day on April 22, the herb plants were available to customers.

In other news, a new internship has been created for summer 2009 to reflect Roger Williams University and Bon Appétit's commitment to sustainability. Working closely with local farmers, the student intern will work to promote the Eat Local Challenge and Farm-to-Fork programs, as well as the on-campus farmer's market.

## RWU LOOKS TO COMMUNITY COALITIONS, PEER TRAINING TO COMBAT UNDERAGE ALCOHOL AND OTHER DRUG ABUSE

In response to growing concern about the drinking practices of college students across the United States, Roger Williams University has initiated efforts to build a comprehensive prevention program geared toward helping students make safe, healthy choices about alcohol use. A number of factors – a 2002 Call to Action, the Surgeon General's report addressing underage drinking and several alcohol-related tragedies on college campuses – have highlighted the need for such a program.

In 2005, the University's Vice President of student affairs created an Alcohol and Other Drug (AOD) Task Force to review data and best practices in an effort to create a cultural change on campus regarding student drinking. This renewed focus on student alcohol use and its effects spurred a number of changes on campus including updated alcohol policies, staff in-services, proactive parental notification and outreach efforts and environmental management strategies designed to limit opportunities for underage drinking.

This shift in focus emphasized the need for cooperative efforts between the University and the local community. Community-based public health models are often cited as effective strategies, as they allow the opportunity to call upon the resources of the University's campus as well as the greater community.

A major aspect of the community-based model is the development of working coalitions. Through partnerships with the Portsmouth Prevention Coalition and the Bristol/Warren Substance Abuse Prevention Task Force, Donna Lynn Darmody – director of health education/AOD prevention coordinator at Roger Williams – has been able to build links between the efforts of the University and those of the greater community.

The benefits of those community partnerships have been numerous. RWU staff and students work in tandem with community residents, law enforcement, schools, nonprofit organizations, the faith community and youth groups to address community concerns. Several encouraging programs and initiatives are already underway. They include:

1. Supporting the Bristol Police Department in its effort to increase enforcement of underage drinking, underage procurement of alcohol and social host liability laws
2. An RWU-sponsored TIPS (Training for Intervention Procedures) responsible beverage service training program for community members, RWU staff and students. With sessions held at the Baypoint Conference Center twice each semester
3. RWU Health and Wellness Educators (HAWEs) serving as role models for area middle and high school SADD (Students Against Destructive Decisions) groups by working with them and sharing their ideas.
4. Working with the founders of Security on Campus, Inc., to provide presentations of the Safe on Campus Peer Education Program "Wasted Youth." Roger Williams HAWEs recently presented to more than 50 youths at St. Elizabeth's church in

Bristol and presented at both the Mount Hope High School and Portsmouth High School junior and senior prom night assemblies

5. The development of a Parents as Prevention Specialists program – designed for high school students and their parents, presented by RWU

6. Roger Williams AOD prevention specialists lending their expertise to community organizations. Recently, Donna Lynn Darmody served as a panelist at the Portsmouth School Department's parent forum on alcohol use and abuse

In addition to the successful programs and initiatives instituted by RWU during the 2008-2009 academic year, many staff and students have found working with the community and substance abuse coalitions individually rewarding. Here are some of their personal testimonials:

"Working with the Bristol/Warren Substance Abuse Task Force has re-energized my commitment to substance abuse prevention by letting me know that we are not alone in addressing college drinking issues. By working together we can support each other both on campus and in the community."  
Donna Lynn Darmody, director of health education

"I think that students need to hear about alcohol issues before they enter college so they can be aware of what goes on before it happens. By working with students, I feel as though I am helping them make better choices so that colleges and their local communities can become better places."  
Hadley Avery, Roger Williams HAWE

"It is important for college students to teach high schoolers the lessons they have learned in college. Working with the Safety on Campus program has given me a way to help prepare students going into college for a more rewarding experience. I think peer education is one of the most effective ways students learn... students who have seen the "Wasted Youth" program will be more likely to go into college with an understanding of safe practices for themselves. When high school students have this valuable information going into college, they have an amazing opportunity to make better choices."  
Hannah Freedman, Roger Williams HAWE

We anticipate that continued efforts by Roger Williams University, the Portsmouth Prevention Coalition and the Bristol/Warren Substance Abuse Prevention Task Force will continue to have a positive impact on the safety of our youth.

For more information on AOD prevention, programs and initiatives at Roger Williams University, please contact Donna Lynn Darmody at [ddarmody@rwu.edu](mailto:ddarmody@rwu.edu).

# RWU RECOGNIZES OUTSTANDING STUDENT LEADERS, CLUBS AND ORGANIZATIONS

On May 12, the University community came together for the 15th annual Student Involvement Recognition Banquet. With a relaxing theme that turned the Campus Recreation Center Field House into a beach scene, this annual event recognized dozens of student leaders, clubs and organizations that have excelled in the area of student involvement throughout the academic year.

More than 60 awards and \$6,000 in scholarship money was awarded during this year's event, which was organized by a team of student leaders from the Department of Student Programs and Leadership and the Student Senate. The committee included Jaclyn Calovine, Alicia Merschen-Perez, Jennifer Olivo and Lauren Buckley.

**Rookie Club of the Year** – Fencing Guild

**Comeback Organization of the Year** – Student Senate

**Campus Entertainment Network (CEN) Awards**

- Unsung Hero Award: Dave Volle
- Committee Member of the Year: Justin Miranda
- Representative of the Year: Tim Miondonka
- Program Chair of the Year: Patrick Byrne
- Honorary Chair: Jerrel Burgo

**Comeback Club of the Year** – Stage Company

**Hawk's Pride Spirit Award** – Cory Egan and Brian McGrath

**Program Supporter Award** – Clayton Roth

**Hawk's Herald Awards**

- Editor of the Year: Phil Devitt
- Dedication Award: Ben Whitmore

**Best Cultural Program** – The Hunger Banquet

*Sponsored by the Student Volunteer Association and the ONE Campaign*

**Best Co-Sponsored Event Award** – Bingo for a Cure

*Sponsored by SAFE, Co-Sponsored by Multicultural Student Union, Inter-Residence Hall Association, Campus Entertainment Network, the ONE Campaign and WQRI*

**Inter Class Council (ICC) Awards**

- Honorary Chair: Sarah Dallan
- Officer of the Year: Nibal Awad
- Program of the Year: Junior Class Semi-Formal

**Outstanding Community Service Project by an Organization**

– Mr. RWU *Sponsored by Inter-Residence Hall Association*

**Outstanding Community Service Project by a Club**

– Alternative Spring Break *Sponsored by Alternative Spring Break*

**Inter-Residence Hall Association (IRHA) Awards**

- Hall Council of the Year: Cedar Hall Council
- Unsung Hero Award: Griffin Labbanche

**Outstanding Fundraiser by a Club** – The Polar Plunge

*Sponsored by Marine Science Club*

**Outstanding Fundraiser by an Organization** – Mr. RWU

*Sponsored by Inter-Residence Hall Association*

**Multicultural Student Union (MSU) Awards**

- Member of the Year: Kari Pohl
- Executive Board Member of the Year: Alejandra Cross
- Programmer of the Year: Milagros Cueva
- Organization Supporter of the Year: Inter-Residence Hall Association
- Multicultural Awareness: SAFE (club) and Ande Diaz, Associate Dean And Director Of The Intercultural Center (staff)

**Club Sport of the Year** – Cheerleading

**Student Programs and Leadership Operations Staff Awards**

- Hawk's Hangout Attendant of the Year: Bryan Cohen
- Building Manager of the Year: Alex Hall
- Bronze Brillo Award: Fernanda DeSouza
- Silver Spoon Award: Sara Leibert
- Golden Bin Award: Stephanie Tsolakis
- Rookie of the Year: Emma Johnson
- Iron Person Award: Greg Chludzinski
- Game Winner (GW) Award: Steven Toohey
- Golden Glove Award: Chris Riendeau and Steven Toohey

**Club Advisor of the Year** – June Speakman, Professor Of Political Science

**Student Senate Scholarships**

**Student Senate Activism Scholarship**

- \$1,000 – Lauren Bartolotti
- \$1,000 – Samantha Hamilton

**Academic Achievement Scholarship**

- \$1,500 – Stephanie Birch
- \$1,000 – Todd Massari
- \$750 – Rachel Ricciardi
- \$750 – Ana Malone•Oliver

**Student Senate Awards**

- Senator of the Year: Matthew Gullo
- Honorary Senator: John Blessing, Director Of Public Safety
- Honorary Senator: Catherine Tobin, Assistant Manager of Transportation

**WQRI Awards**

- DJ of the Year: Matthew Kohlonen and Kelleigh Welch
- Gold Record Award: Kelly Ahern

**Program of the Year by a Club Award** – Fall 2008 Election Events

*Sponsored by College Democrats and College Republicans*

**Program of the Year by an Organization Award** – Last Hawk Standing

*Sponsored by Campus Entertainment Network*

**Program of the Year by an Organization Award** – Black History Month

*Sponsored by Multicultural Student Union*

**Student Programs and Leadership Staff Awards**

- Staff Assistant of the Year: Caitleen Evers
- Front Desk Assistant of the Year: Shannon Fahey
- Program Assistant Recognition: Jaclyn Calovine, Coordinator  
Amanda Bennett Lauren Buckley  
Courtney Campbell Mary Randazzo  
Kim Salvato Sarah Scaffidi

**Club Member of the Year** – Barry Lucier, College Republicans

**Organization Member of the Year** – Jerrel Burgo, Multicultural Student Union

**Club of the Year** – College Republicans

**Organization of the Year** – Multicultural Student Union

**Student Programs and Leadership – Leadership Awards**

- Social Change in Action Award: Amy Torregrossa
- Excellence in Leadership: Emily Chappell

**RWU Award for Individual Excellence in Student Life Award**

– Ted Beatty

**Dr. Mark Gould Award for Commitment to Student Learning**

– Bob Blackburn, Professor Of Philosophy

**The Karen R. Haskell Student Leader Award**

- Kevin Clark
- Alicia Merschen•Perez

## SPRING FESTIVITIES ABOUND AT THE INTERCULTURAL CENTER



The spring semester was a fruitful one for the Intercultural Center (IC). Students, staff and community members came out in record numbers to celebrate global cultures, spiritualities and inclusivity. We welcome individuals from all

faiths, personal identities and nationalities. The IC embodies RWU's commitment to inclusion, diversity and equality, and we play an integral role in helping to prepare youth from under-resourced high schools matriculate and succeed in college, welcoming international students from across the globe and inviting examinations of what spiritual life means to our youth today.

### International Affairs:

Our international students enjoyed an event-filled spring semester. On April 1, many international students participated in Global Fest – a full day of international festivities and a chance for students from around the world to share their cultures with the campus community. We had a record turnout, and students and staff members enjoyed the international cuisine, dancing acts, Peruvian musicians and the African drumming workshop.

Recently, the international students took a trip to New York City to see the Broadway hit “Chicago” and they enjoyed seeing the sites of the Big Apple. This semester, students from Poland, Kuwait and Brazil continued the “An Hour With…” series where they discussed their culture, history and geography with members of the University community. We ended the spring with a trip to Six Flags New England where students were able to just relax and have fun at the amusement park.

### Multicultural Affairs:

It was a very busy semester for the Multicultural Student Union (MSU). They put together a full slate of programming, which included a soul food dinner, Black History Month film series and a special event combining intellectual and sociocultural development. Author and Professor of Africana Studies at Brown University, Tricia Rose, spoke on her new book, “Black Noise: Rap Music and Black Contemporary Culture.”

MSU also conducted two annual events, the Basketball Jam and the Fashion Show fundraiser for the St. Jude Children's Research Hospital. The clubs SAFE and STAND also were very active this spring, each holding weeklong events – Pride Week (SAFE) and Peace Week (STAND). Each included activities to raise awareness about issues central to their missions. One of the highlights for SAFE was “Gay Bingo,” an event that raised close to \$500 for a local AIDS service organization. STAND conducted a “Die-In” demonstration on the Quad to raise awareness about genocide around the world.

### Bridge To Success:

The Bridge to Success (BTS) mentoring program continued to grow and prepare the high school students (mentees) for college and academic success. We are proud to have three former BTS mentees currently attending RWU and we will welcome two more as incoming freshmen this fall.

### Spiritual Life Program:

The Office of Spiritual Life started the semester with a bang, hosting the annual Interfaith Breakfast. More than fifty people were in attendance to hear student speakers from a variety of backgrounds explain why and how spiritual life was important to them. Rabbi Marc Jagolinzer, Pastor Dan Randall, Father Michael Sisco and Imam Abdul-Latif Sackor attended, as did University Multifaith Chaplain Dr. Thomas Sullivan.

Our office also sponsored the U2 Eucharist, a multimedia ecumenical service featuring the music of U2 with a message about working to serve the poor and needy citizens of the world. We also co-sponsored a Simply Wellness meditation program, led by Andy Constanzo (from our own Bon Appétit Dining Services!) and a well-attended Mindfulness Labyrinth during reading week.



The Newman Club hosted several programs and retreats and donated more than \$400 to Keep the Heat On, a local charity that helps low income local residents to heat their homes during challenging economic times. Besides weekly Mass, Father Sisco presided at four packed Ash Wednesday services to begin Lent, along with teaching a Lenten meditation series. Hillel was extremely active this semester, taking a trip to the Holocaust Museum in Washington, D.C., presenting a Holocaust speaker event attended by more than 250 people, holding bi-monthly Shabbat dinners, hosting Passover Dinners on campus and attending Passover celebrations at other schools. Rabbi Jagolinzer serves as a great resource both to our Hillel students and to the Multifaith Council.

The IC topped off the semester with an end of year BBQ event. The community came together to enjoy good food, great friends, exciting games and lots of fun! The IC also held a graduation brunch to celebrate the accomplishments of the nineteen graduating seniors who had been involved with the Intercultural Center throughout their time at RWU. The brunch was a great time for seniors to celebrate and reminisce about all their exciting time spent at the Center. They will be greatly missed and we wish them all the best of luck. Congratulations, Class of 2009!



## THE CAREER CENTER

### *The Importance of Professional Networking*



In an economic downturn, networking is more important than ever. The few jobs that do exist in such an environment often are filled with people who are connected to the institution and its current employees. During the spring semester, the Career Center planned a series of networking events to ensure that students from all areas of study had access to employers from a variety of professions. The Gabelli School of Business Networking Reception and the School of Justice Studies Professional Panel Presentations encouraged our students to explore career opportunities and converse with professionals and alumni in a relaxed environment.

In March, we offered three Liberal Arts Panel Discussions, focusing on the social sciences, natural sciences and the arts and humanities. The panelists, including many alumni, reflected upon their educational experiences while at RWU and the career paths that led them to where they are today. One of the common themes of the presentations was the value of networking, learning as much as you can about your future profession by completing as many internships as possible and not being afraid to take risks!

Alumnus Matt McNally '04 returned to campus to discuss his role as research director of the Democratic Senatorial Campaign Committee (DSCC) in Washington, D.C. Matt graduated with a degree in political science and his interest in politics was piqued while completing an internship in Washington D.C., for the Democratic National Convention. Matt talked about the DSCC and the nature of the senatorial elections.

March and April focused on career fairs! Students and alumni who aspire to teach had six opportunities to meet with

hiring professionals from the K-12 arena. And, thanks to our membership with the New England Association of Colleges and Employers, the Career Center was able to invite our students and alumni to attend the numerous Gearing Up for Educators job fairs in Massachusetts and Rhode Island. The Career Center also brought our students to a collaborative educators' career fair sponsored by the Rhode Island Consortium of Educators (RICE), which was open only to member institutions. The RICE fair brought national public and private K-12 schools to Rhode Island to recruit teacher candidates.

On March 31, students attended the collaborative Careers in Government Day at Bryant University. Organized by the Rhode Island colleges and universities – including RWU – this event brought 20 federal and state agencies that are actively recruiting to Ocean State students. On April 8, the Career Center hosted our annual Career Fair on campus. Graduate schools and employers with summer, part-time and full-time jobs and internships converged in the field house for a day of networking and recruiting.

All of these exciting events and more took place as the Career Center continued to offer preparation workshops throughout the semester for students about to embark on their cooperative education/internship experiences. On-campus interviewing for summer internships and post-commencement jobs began in fall 2008 and continued through April 2009.

As a partner in your student's academic and career success, we ask that you please encourage them to utilize all that the Career Center can offer. We will be relocating to the Farm House directly across the street from the Dining Commons. Your student can email us at [careers@rwu.edu](mailto:careers@rwu.edu) or call us at (401) 254-3224.

## WELCOME TO OUR NEW WOMEN'S LACROSSE AND SOCCER COACH!



**Abigail Jackson**, head women's lacrosse coach at Plymouth State University since 2007, has joined the RWU Hawks as our new head coach for women's lacrosse and soccer. In her first season with the Panthers, Jackson led the women's lacrosse team to the 2007 ECAC championship title. From 2004-2006, she served as the graduate assistant coach for soccer and basketball at Trinity College.

As a student-athlete at Williams College from 1999-2003, Jackson was a three-year letter-winner in soccer, basketball and lacrosse. A standout goalkeeper for the lacrosse team, she earned All-Conference honors each of her four years, served as captain in her senior year and garnered First Team All-New England honors. In 2000, Jackson was a starter in the NCAA Division III National Championship match.

Jackson holds a B.A. in history from Williams College and is currently completing her master's degree in public policy at Trinity College.

## PERSONAL WELLNESS LINKED TO ACADEMIC SUCCESS

The Counseling Center is increasing its efforts to educate Roger Williams University students in becoming more mindful of their overall wellness. This initiative is guided by research from the University of Minnesota, which surveyed nearly 10,000 undergraduate students in 2007 and determined that health behavior is directly linked to grade point average (2007 College Student Health Survey Report). This survey establishes that anxiety, depression, physical inactivity, poor nutrition, poor sleep hygiene, obesity, credit card debt, alcohol abuse and tobacco use all may negatively impact a student's academic performance.

The Counseling Center is available to support students in becoming more mindful of how their daily choices impact their academic goals. Additionally, the PEERs – student leaders trained by the Counseling Center staff – provide workshops to educate students on stress, anxiety, financial pressures, sleep hygiene, eating behaviors and other challenges they may face.

Although many students benefit from speaking directly with a counselor, the PEERs provide an opportunity for students to challenge themselves by learning ways to improve their self-care through attending a residential program or even stopping

at an educational table while on their way to lunch in the Commons. It is clear that regardless of the method, educating students about self-care reinforces their commitment to academic success.

During the spring semester, the Counseling Center staff successfully screened more than 250 students using surveys to capture information and further educate students on their individual eating, alcohol and gambling behaviors. For mental health tips or to learn more about some of the issues that students face daily, visit our webpage at <http://counselingcenter.rwu.edu>.

Our services are confidential, which means we cannot share information about the fact or nature of student's visits to the Center without their permission. However, as a parent you are welcome to call us to share your concerns or to consult with one of our counselors. All full-time and residential undergraduate students are eligible for all of our services, free of charge. The Center for Counseling and Student Development is located on the second floor of the Center for Student Development and can be reached at (401) 254-3124.

## THE BURSAR'S OFFICE IS GOING GREEN!

- Ebill is Roger Williams University's official method for sending student account statements. May 2009 marked your final PAPER BILL! Students will no longer receive paper statements (or bills) in the mail; rather they receive an email notification when new statements are available online.

- All students have been automatically signed up to receive their STATEMENTS ONLINE. IDs and passwords have been sent to your student's RWU email address. (If you are unable to locate this information or have trouble logging in please call us at 401-254-3520)

- Students have the ability to add authorized users (typically parents) to their accounts and must enroll parents and any other alternate payers to receive ebill at: <http://www.rwu.edu/about/administration/bursar/ebilling/> and by clicking on the following:

1. View ebill
2. Login
3. My profile
4. Shared access
5. Add shared access

*If you know others who would be interested in receiving this newsletter, or care to change your email address, please send current email addresses to [advancement@rwu.edu](mailto:advancement@rwu.edu)*



Division of Student Affairs  
One Old Ferry Road  
Bristol, Rhode Island 02809  
(401) 254-3042  
<http://studentaffairs.rwu.edu>